

Starters
Dips &
Dressings

Soups

Sauces &
Main courses

Desserts

Drinks

The Soup Maker Recipe Book

Cuisinart®

Soup Maker

Heat | Blend | Serve. *Simple*







Soup Maker

Heat | Blend | Serve. *Simple*

by

Cuisinart®

technology with taste™

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Soup Maker Hints and

- When cooking in your Soup Maker, the timer must be set to at least 1 minute.
- The timer can be increased or decreased throughout the cooking process. To heat oil or melt butter, set the timer to 1 minute and then heat on low for around 30 seconds - 1 minute. Once heated, add further ingredients and increase the timer for further cooking.
- If the timer runs down to zero during cooking, a beep will sound. If your recipe requires further cooking, simply put the timer back on, reset the temperature and keep cooking.
- The Soup Maker comes with 3 temperature settings;
 - o Low is suitable for all browning, frying, sauteing and cooking most foods.
 - o High is suitable for bringing liquids to boil or for cooking with a very high heat.
 - o Simmer is for simmering soups and sauces until the vegetables are tender and ready for blending. The simmer setting can also be used for delicate foods that require lower temperatures for cooking, melting cheese or warming cream that has been added to the end of a recipe.
- Use the stir function throughout the cooking process, this will prevent foods from sticking to the base of the Soup Maker or from being over cooked and burning. We recommend using the stir function in short bursts, little and often. This will prevent burning without chopping the ingredients too much.
- When cooking in the Soup Maker, always ensure the lid is left on the blender jar. Use the hole in the lid to add ingredients, or

Is and Tips

set the temperature to simmer when adding larger quantities of ingredients, but always replace the lid once they have been added. Always add ingredients with care, the cooking plate gets very hot!

- The Soup Maker can either heat and stir or blend. It cannot blend whilst the heater is in use. During the cooking process the blend function will not work, this is a safety feature. If you need to blend foods, turn the timer off, this will de-activate the heater and then you will be able to blend.
- When blending hot ingredients, level 1 or 2 is all that is required to get a silky smooth liquid.
- If you prefer texture to be left in your recipe, use the pulse button in short bursts. Like the blend function, the pulse cannot be used during the cooking process, so turn the heat off before pulsing.
- When blending cold ingredients or crushing ice, level 3 or 4 will give you smooth results.
- If you have used the Soup Maker to cook and blend hot ingredients, allow the jar to come back to room temperature before blending very cold ingredients, and the same vice versa. This will avoid damage to the glass jar.
- Never overfill the Soup Maker, these recipes are a guide, as vegetable sizes vary, always ensure the maximum capacity marked on the jar is not exceeded
- For full care and use instructions, please see the instruction manual which comes with your Soup Maker





Starters

Smoked Trout Pâté

This delicious pâté is perfect to keep in the fridge for light lunches or ideal to use as a topping for crostini to serve with drinks.

SERVES 4-6

PREPARATION TIME 5 MINUTES

- 125g smoked trout fillets
- Juice ½ lemon
- 200g pack soft cheese (low fat if preferred)
- 1 tsp horseradish sauce

roux Pâté

1. Place all the ingredients together with some salt and freshly ground black pepper in the Soup Maker. Blend on level 4 until smooth.
2. Place in a serving dish and chill to make a slightly firmer set.
3. Serve with some crusty French bread or Melba toast with some extra lemon wedges to squeeze over.



Chicken Liver Pâté

This pâté is perfect for a prepare ahead starter, picnic or quick lunch.

SERVES 4-6

PREPARATION TIME 5 MINUTES (PLUS CHILLING TIME)

COOKING TIME 12-15 MINUTES

- 1 tbsp olive oil
- 400g pack fresh chicken livers, roughly chopped
- 1 medium onion, finely chopped
- 1 clove garlic, crushed
- 2 tbsp sherry or brandy
- ½ tsp English mustard powder
- ½ tsp fresh thyme, finely chopped
- 75g soft butter

iver Pâté

1. Heat the oil in the base of the Soup Maker on low. Add the chicken livers, onion and garlic and gently sauté for 10-12 minutes stirring occasionally using the stir function until the livers are just cooked through.
2. Add the sherry or brandy and cook for 30 seconds on low to reduce a little. Stir in the mustard powder, thyme and some freshly ground salt and pepper.
3. Add the butter, then turn off the heat and blend the pâté until smooth.
4. Tip into a serving dish and chill for about 1 hour or until firm. Serve with some toasted seeded bread or crackers.

Keeps for 2 days in the fridge in an airtight container.

Tip:

If making this for a special occasion, serve the pâté in a glass kilner jar and top it with some clarified butter. This is easily done by melting some butter in a pan and allowing it to stand for a minute or two. The clear liquid butter can then be spooned off and over the pâté and left to set in the fridge. The milky residue left at the base of the pan can be discarded.



Artichoke
Topped w
rees

Artichoke Crostini Topped with Goat's Cheese

Crostini are simply sliced rounds of bread usually brushed with a little olive oil, sometimes rubbed with garlic and lightly toasted then topped. This recipe uses ready roasted artichokes sold in olive oil in jars. They are readily available in all supermarkets.

SERVES 4-6

PREPARATION TIME 5
MINUTES

- 280g jar roasted artichokes in olive oil, drained reserving the oil
- 25g fresh flat leaf parsley, roughly chopped
- 1 clove garlic, crushed

To Serve

½ small baguette,
thinly sliced
50g firm goat's
cheese, thinly sliced

1. Place the artichokes, parsley and garlic in the Soup Maker together with about ½ of the reserved oil from the artichokes. Add some freshly ground salt and black pepper. Blend on level 4 until the mixture is smooth.
2. Brush the slices of bread with some of the remaining olive oil and lightly toast on both sides under a hot grill.

Serve the warm toasts with a slice of goat's cheese and a spoonful of the artichoke mixture.

Thai Fish Cakes

This pâté is perfect for a prepare ahead starter, picnic or quick lunch.

SERVES 4-6

PREPARATION TIME 5 MINUTES (PLUS CHILLING TIME)

COOKING TIME 12-15 MINUTES

- 4 shallots, peeled and quartered (or use ½ bunch salad onions, trimmed and roughly chopped)
- 3cm piece fresh root ginger, peeled and roughly chopped
- 3 cloves garlic, peeled and crushed
- Handful fresh coriander, including the stalks
- 1 red chilli, cored and deseeded
- 550g firm white fish, such as cod, coley or pollack cut into small cubes
- 2 tbsp light soy sauce
- 1 egg white
- 2 tbsp plain flour
- Zest and juice 1 lime
- 2-3 tbsp rapeseed oil to fry the fish cakes

Cakes

- 
1. Place the shallots, ginger, garlic, coriander and chilli in the Soup Maker and Pulse until everything is roughly chopped.
 2. Add the fish and soy and blend again on level 3 until well combined but not completely smooth.
 3. Add the egg white, flour and the lime zest and juice and use the stir function to combine but without breaking down the texture.
 4. Heat a little oil in a non-stick frying pan and add spoonfuls of the fish mixture in batches. Cook for 3 minutes on each side until golden on both sides and cooked through.
- 

Serve the fish cakes with some sweet chilli dipping sauce.

Spiced Apple Chutney

Dark, sweet and spicy chutney, great for serving with a ploughman's lunch or in sandwiches or panini

PREPARATION TIME 5 MINUTES

COOKING TIME 55 MINUTES

MAKES ABOUT 2 X 425G JARS

- 2 medium cooking apples, peeled, cored and finely chopped
- 1 medium onion, chopped
- 1 tbsp tomato purée
- 300ml malt vinegar
- 100g dark brown sugar
- ½ tsp paprika
- 1 tsp mixed spice
- ¼ tsp black mustard seeds
- 75g raisins



Apple Chutney

1. Place everything in the Soup Maker except the raisins and cover with the lid. Set the time to 25 minutes on low to start cooking. Use the stir function intermittently, to mix the chutney.
2. After 25 minutes stir again and reset the timer for another 30 minutes and switch the heat to simmer. Add the raisins for the last 10 minutes of cooking, through the lid of the Soup Maker. Stir regularly to prevent sticking. Cool briefly then carefully pour the hot chutney into clean sterile jars, seal with lids.
3. Label the jars and store in a cool dark place for up to 6 months.

Tomato and Chili Jam

A delicious cupboard standby, which is the perfect accompaniment to cheeses and cold meats or makes a great addition to sandwiches and Panini's. It's also delicious drizzled over a warm goats cheese salad.

MAKES 2 MEDIUM SIZED JARS (ABOUT 450G TOTAL)

PREPARATION TIME 10 MINUTES

COOKING TIME 1 HOUR

- 6 tomatoes, cored and roughly chopped
- 1 large onion, peeled and roughly chopped
- 4 red chillies, cored and roughly chopped, seeds included
- 6 garlic cloves, peeled
- 5cm piece root ginger, peeled and roughly chopped
- 400g caster sugar
- 8 tbsp red wine vinegar



d Chili Jam

1. Place all the ingredients into the Soup Maker. Set to high and bring to the boil. Reduce the heat and simmer for 30 minutes. After 30 minutes stir the jam using the stir function and then reset the timer and simmer for another 30 minutes, until the ingredients are soft and the jam is thick and syrupy. Cool a little in the Soup Maker and if desired purée on level I until completely smooth.
2. Place into clean and sterile jam jars. Seal with the lid, label and keep in a cool dark place for 1 month.







Dips & dressings

Creamy Ranch Dressing

A lovely fresh dressing to serve with barbecued or grilled fish, poultry, steaks, and burgers or just spooned over some fresh salad leaves. Best of all it's fat free!

READY IN 5 MINUTES

- 200g tub fat free fromage frais
- 2 cloves garlic, crushed
- 3 tbsp cider or white wine vinegar
- Juice ½ lemon
- 2 tsp clear honey
- 2 tbsp fresh chives

ch Dressing

1. Place all the ingredients together in the Soup Maker with some salt and freshly ground black pepper. Blend on level 4 until smooth.
2. Store in the fridge for 3-4 days in an airtight container

Honey and Balsamic

This is a classic dressing that is perfect for keeping in the fridge. Not only is it great with salads and peppery leaves such as rocket or watercress, or goat's cheese salad but also lovely used to dress pasta and rice salads.

READY IN 5 MINUTES

- 2 tbsp Dijon mustard
- 2 tbsp clear honey
- 1 clove garlic, crushed
- 4 tbsp balsamic vinegar
- 6 tbsp extra virgin olive oil

Samie Dressing

1. Place all the ingredients in the Soup Maker together with some salt and freshly ground black pepper and blend on level 4 for 30 seconds until smooth.
2. Store in an airtight jar in the fridge for 3-4 days.





Broad Bean Houmous

This beautiful vibrant green dip is packed with flavour and makes a great alternative to the traditional houmous made with chickpeas. When fresh broad beans are not available use frozen baby broad beans, which are equally good.

If you want to you can double pod the beans, removing not only the outer shell but also the grey thin inner shell on the beans, this makes the texture less mealy.

SERVES 4

PREPARATION TIME 10

MINUTES

COOKING TIME 5 MINUTES

- 300g broad beans, shelled (or use frozen baby broad beans)
- 2 garlic cloves, peeled and roughly chopped
- 100ml extra virgin olive oil
- 1 small red onion, peeled and roughly chopped
- Juice 1 lemon

1. Cook the broad beans in a little boiling water in the Soup Maker for 4-5 minutes on low. Drain the beans through a sieve and refresh in cold water.
2. Place all the ingredients in the Soup Maker and process until smooth.
3. Store in the fridge in an airtight container in the fridge for 2-3 days.

Serve with tortilla chips or toasted pitta bread fingers.

Walnut Pesto

A great alternative to the classic basil pesto, perfect stirred into hot cooked pasta or with some cooked fish or chicken.

SERVES 4

PREPARATION TIME 10 MINUTES

- 150g walnut halves
- 200ml extra virgin olive oil
- 2 cloves garlic, crushed
- Large handful fresh basil leaves
- 50g Parmigianino Reggiano, grated
- Juice and zest 2 lemons

1. Place all the ingredients in the Soup Maker together with some freshly ground salt and pepper and blend on level 4 until smooth.
2. Store in an airtight container in the fridge for 2-3 days.

Indonesian Style Chili & Peanut Dressing

This delicious thick sweet and spicy dressing is a great all rounder to keep in the fridge. It's perfect drizzled over cooked chicken and as a tasty dressing for a gado gado salad or as a dip for crudités.

SERVES 4

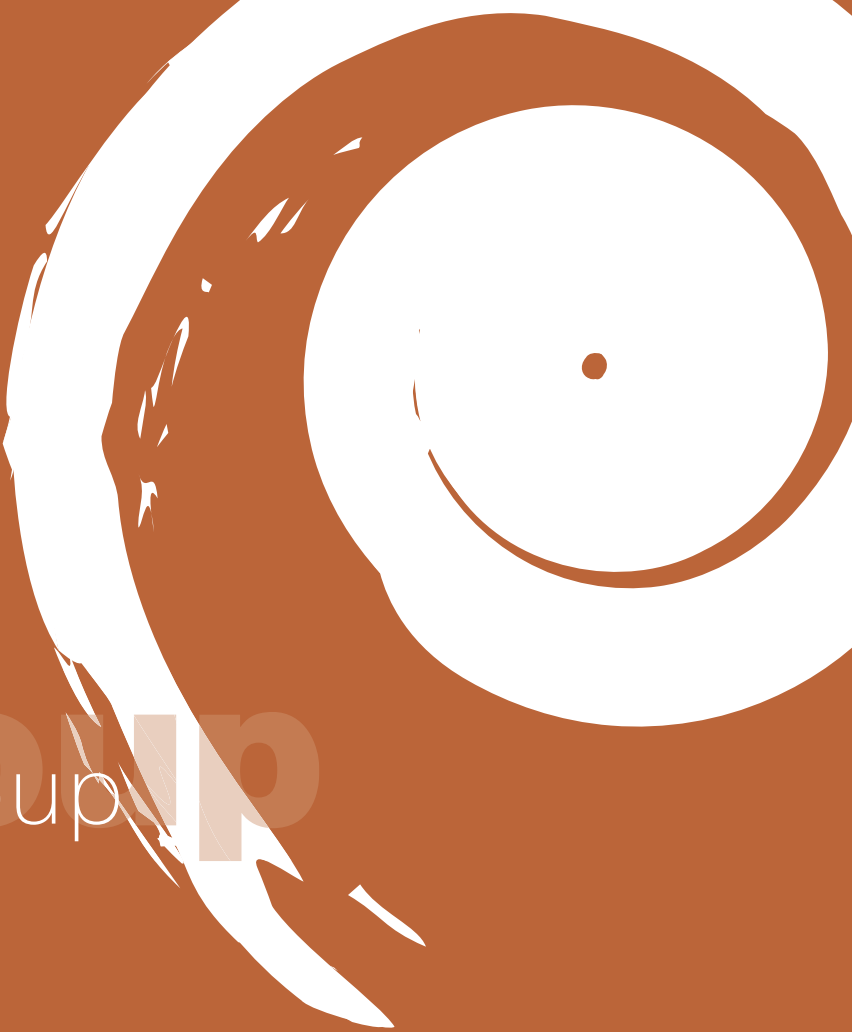
PREPARATION TIME 5 MINUTES

- 2 tbsp Kecap Manis (Indonesian sweet soy sauce)
- 1 tbsp sherry vinegar
- 1 red chili, deseeded and roughly chopped
- 100g unsalted peanuts
- 50ml rapeseed oil
- 50ml cold water

1. Place all the ingredients in the Soup Maker and blend on level 4 until smooth.

2. Keep the dressing in an airtight container in the fridge for 2-3 days.





Soup

Carrot and Coriander

This is a classic, rich and creamy soup. For best results, use good quality ingredients, organic carrots and a home made stock will give a fuller richer flavour.

SERVES 4

PREPARATION TIME 10 MINUTES

COOKING TIME 20-25 MINUTES

- 25g butter
- 1 small onion, finely sliced
- 350g carrots, sliced
- 1.5 tsp ground coriander
- 700ml chicken stock
- Salt and freshly milled black pepper

To serve:-

- 75ml Greek-style yogurt or crème fraiche
- 2 tbsp freshly chopped coriander

Coriander Soup

1. Place the butter in the Soup Maker. Set the timer to 1 minute and melt on the low heat. Add the onion and carrots and cook on low for 5 minutes, until the vegetables begin to soften. Stir regularly using the stir function.
2. Add the ground coriander, stir and cook for a further minute, increasing the timer as necessary.
3. Pour in the stock and season. Bring to the boil, on high heat and then simmer for 15-20 minutes until the vegetables are tender.
4. Blend on level 1 until smooth. Stir in the yogurt and reheat on low, do not allow to boil.
5. Pour the soup into 4 serving bowls, sprinkle with coriander and serve.



Broccoli and Stilton s

This is a classic, rich and creamy soup. For best results, use good quality ingredients, organic carrots and a home made stock will give a fuller richer flavour.

SERVES 4

PREPARATION TIME 10 MINUTES

COOKING TIME 20-25 MINUTES

- 25g butter
- 1 onion, roughly chopped
- 1 leek, green removed, chopped
- 350g broccoli, cut into small florets
- 1 small potato, peeled and roughly chopped
- 800ml chicken stock
- 4 tbsp double cream
- Salt and freshly milled black pepper
- 125g stilton, rind removed, crumbled

oup

1. Place the butter in the Soup Maker. Set the timer to 1 minute and melt on the low heat. Add the onion and leek and cook until softened. Stir regularly using the stir function.
2. Add the broccoli, potato and stock, bring to the boil using the high heat and then simmer for 15-30 minutes.
3. Once cooked blend on level I until smooth.
4. Add the double cream, season well and finally add the cheese, stir until just melted, do not allow to boil.
5. Pour the soup between 4 bowls and serve.



Pea and Ham Soup

This soup uses a classic combination of ingredients and makes a beautiful vibrant green coloured soup. You could use yellow split peas in place of the frozen peas for a delicious variation.

SERVES 4

PREPARATION TIME 5

MINUTES

COOKING TIME 20-25

MINUTES

- 1 tbsp olive oil
- 200g pack chopped pancetta or bacon lardons
- 1 onion, roughly chopped
- 1 leek, cleaned and roughly chopped
- 2 cloves garlic, crushed
- 500g frozen peas
- 800ml chicken stock
- 1 tsp dried thyme

1. Heat the oil in the base of the Soup Maker. Set timer to 1 minute and melt on the low heat settings. Add the bacon and cook for 1-2 minutes on low. Add the onion and leek and sauté for 4-5 minutes to soften.
2. Add the garlic, peas, stock and thyme, set on the high heat and bring to the boil. Add some freshly ground salt and black pepper. Reduce the heat and simmer for 12-15 minutes.
3. Turn off the heat and blend on level 1 until smooth. Check the seasoning before serving.

Tomato and Basil Soup

This summer soup, is so simple and perfect served as a starter as it is so light, use good tomatoes for a better flavour.

SERVES 4

PREPARATION TIME 10 MINUTES

COOKING TIME 25-30 MINUTES

- 1 tbsp olive oil
- 25g butter
- 1 onion, roughly chopped
- 900g Good Italian plum tomatoes, roughly chopped
- 2 cloves garlic, crushed
- 700ml chicken or vegetable stock
- 100ml dry white wine
- 2 tbsp tomato purée
- 1 bunch basil leaves, torn
- 100ml double cream
- Salt and freshly milled black pepper

To Serve: -

Fresh basil leaves

Fresh crusty bread

Basil Soup

1. Place the butter in the base of the Soup Maker. Set the timer to 1 minute and melt on the low heat. Add the onion and cook for 4-5 minutes until softened but not browned. Stirring regularly using the stir function.
2. Add the tomatoes and garlic and stir.
3. Add the stock, wine and tomato purée, bring to the boil on the high heat and then simmer for 15-20 minutes, stirring occasionally. Add the basil, stir and then blend the soup on level I until smooth.
4. Stir in the cream and heat through, do not allow to boil.
5. Pour the soup between 4 bowls, garnish with fresh basil leaves and serve with fresh crusty bread.

Smoked Haddock Chowder

This rich but healthy dish is low fat and rich in omega 3, served with crusty bread, it is hearty enough for a main meal.

SERVES 4

PREPARATION TIME 10 MINUTES

COOKING TIME 20-30 MINUTES

- 25g butter
- 1 small leek, sliced
- 1 onion, roughly chopped
- 400ml milk
- 200ml fish stock
- 400g floury potatoes, peeled and diced
- 500g smoked haddock fillets, skin removed and broken into pieces
- 150g sweetcorn
- 4 tbsp double cream (optional)
- 2 tbsp fresh chopped parsley

Haddock Chowder

1. Place the butter in the base of the Soup Maker. Set the time to 1 minute and melt over the low heat. Add the onion and fry for 5-10 minutes until softened but not browned, stirring regularly using the stir function.
2. Add the milk, stock and potato, bring to the boil then simmer for 10-15 minutes.
3. Add the sweetcorn and stir. Add the haddock and simmer for 10-15 minutes until haddock is cooked through.
4. Add the cream and season to taste, heat through and then serve, sprinkled with parsley and fresh crusty bread.

Sweet Potato and Red Pepper Soup

This warm and comforting soup has a wonderful colour and is very quick and easy to make. Leave the skins on the potato for a more rustic flavour and texture. Or try using carrots or butternut squash in place of the sweet potato for a tasty variation.

SERVES 4

PREPARATION 10 MINUTES

COOKING TIME 25 - 30 MINUTES

- 500g sweet potato, peeled and cubed
- 2 medium red peppers, seeded and roughly chopped
- 1 large onion, roughly chopped
- 3 garlic cloves, crushed
- 300ml dry white wine
- 1.2 litres vegetable stock
- 1 - 2 chillies, deseeded and roughly chopped (optional)
- Salt and freshly milled black pepper

Potato and Pepper Soup

1. Add the potatoes, pepper, onion, garlic, wine, stock and chillies (if using) into the Soup Maker. Bring to the boil using the high setting and then simmer for 20 - 25 minutes, or until all the vegetables are soft.
2. Blend on level 2 until smooth. Season with salt and pepper and serve.

Wild Mushroom Soup with Crème Fraiche & Chive Drizzle

This is a classic soup, which uses a combination of fresh and dried wild mushrooms for an extra 'hit' of intense mushroom flavour.

SERVES 4

PREPARATION TIME 20 MINUTES

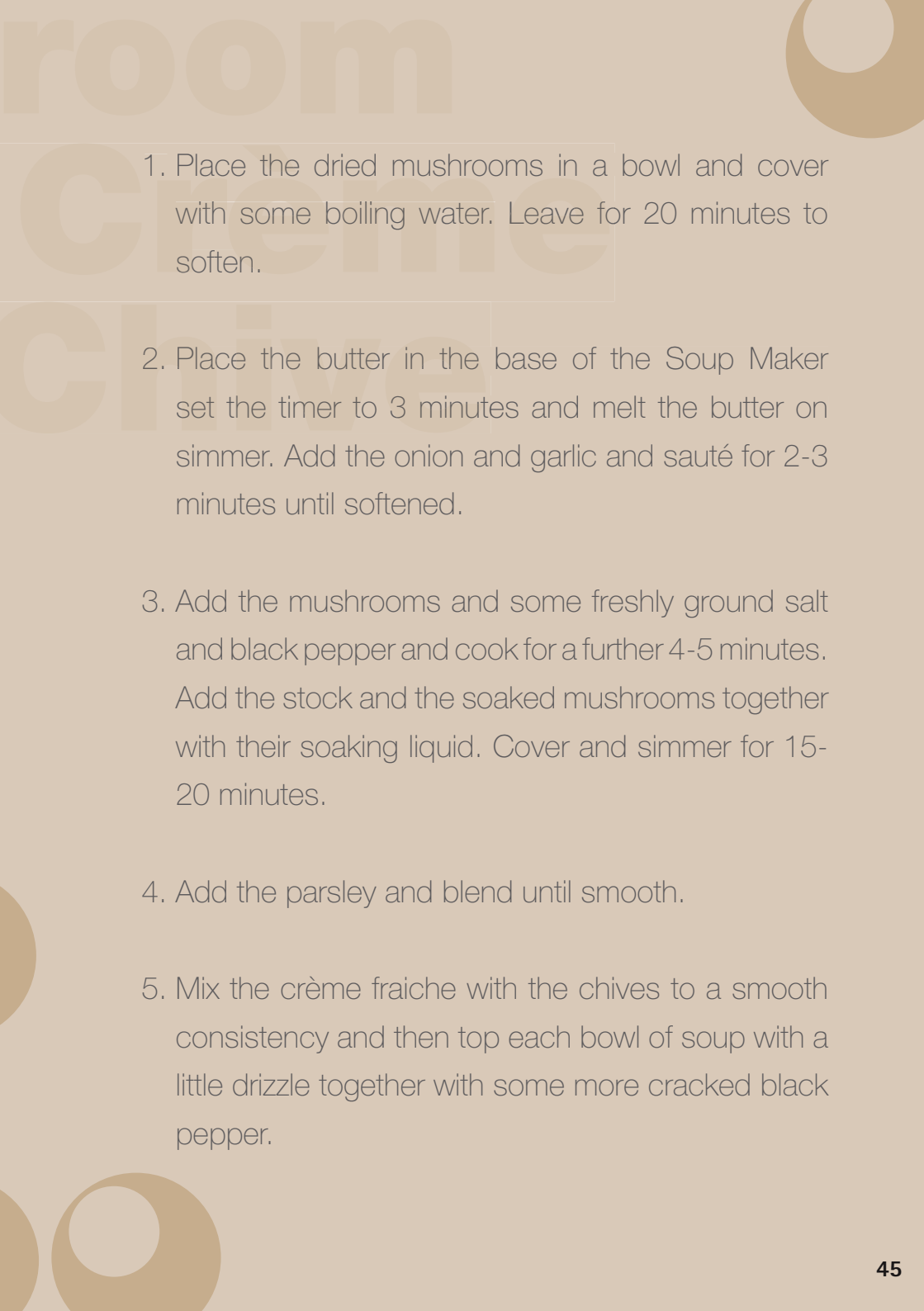
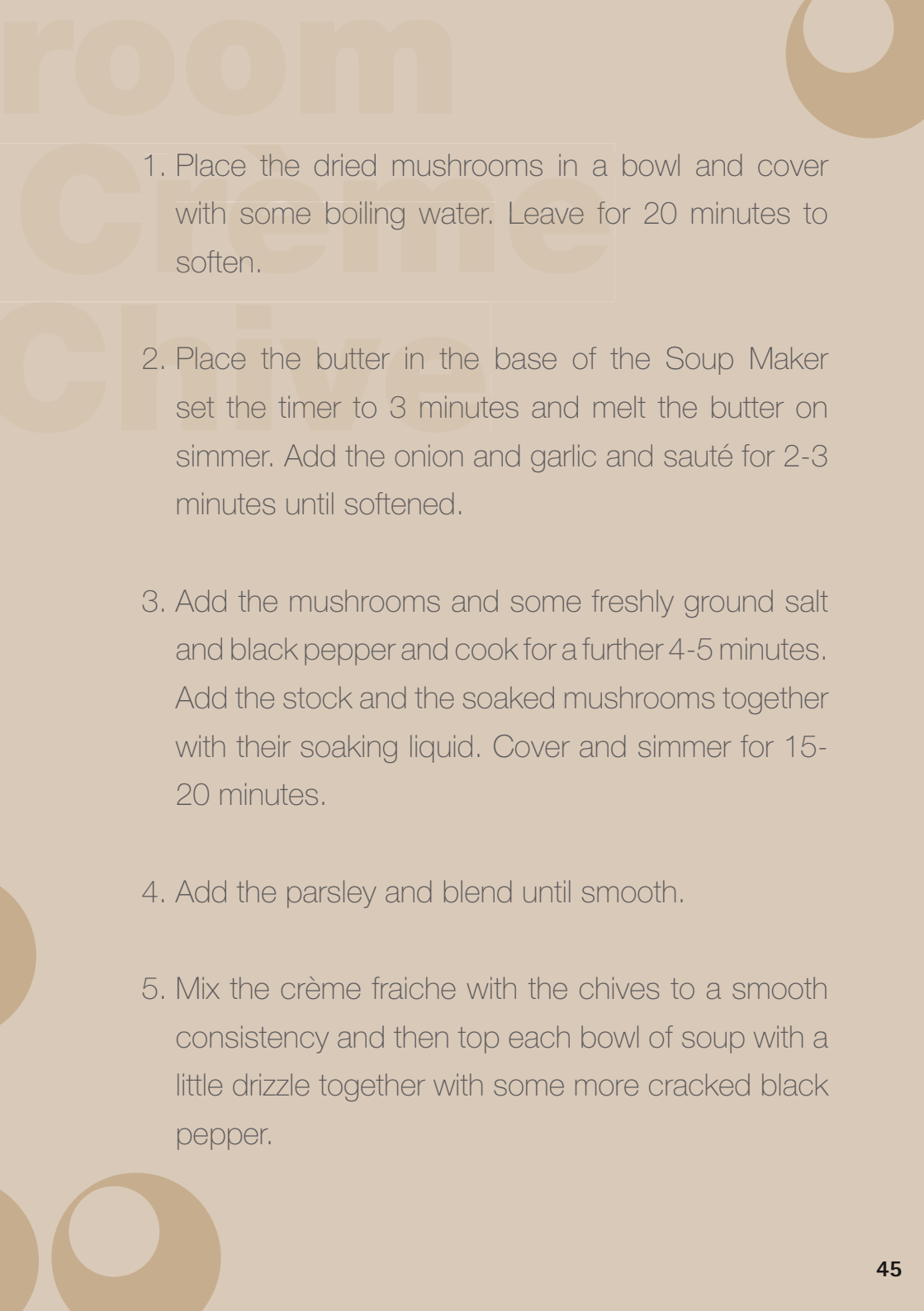
COOKING TIME 25-30 MINUTES

- 15g dried wild mushrooms
- 25g butter
- 1 onion, finely chopped
- 2 cloves garlic, crushed
- 250g button mushrooms, chopped
- 850ml vegetable stock
- Handful fresh flat leaf parsley, roughly chopped

To Serve:

4 tbsp crème fraiche

2 tbsp fresh chives, finely chopped

- 
- 
1. Place the dried mushrooms in a bowl and cover with some boiling water. Leave for 20 minutes to soften.
 2. Place the butter in the base of the Soup Maker set the timer to 3 minutes and melt the butter on simmer. Add the onion and garlic and sauté for 2-3 minutes until softened.
 3. Add the mushrooms and some freshly ground salt and black pepper and cook for a further 4-5 minutes. Add the stock and the soaked mushrooms together with their soaking liquid. Cover and simmer for 15-20 minutes.
 4. Add the parsley and blend until smooth.
 5. Mix the crème fraiche with the chives to a smooth consistency and then top each bowl of soup with a little drizzle together with some more cracked black pepper.

Minestrone Soup

This heart warming soup is a meal in itself, wholesome and nutritious it's bound to be a crowd pleaser. You can add your own selection of vegetables, whatever you have to hand.

SERVES 4

PREPARATION 10 MINUTES

COOKING TIME 30-40 MINUTES

- 1 tbsp olive oil
- 125g smoked bacon lardons
- 1 onion, finely chopped
- 1 clove garlic, crushed
- 1 medium carrot, peeled and finely chopped
- 1 stick celery, cleaned and finely chopped
- 2 tbsp tomato purée
- 400g can chopped tomatoes
- 500ml vegetable or chicken stock
- 75g fresh spaghetti, cut into small lengths
- 50g green beans, halved

To Serve

Grated Parmiggiano Reggiano

e Soup

3. Heat half the oil in the base of the Soup Maker on low. Add the bacon and cook for 2-3 minutes until just crispy. Remove from the Soup Maker and set aside.
4. Add the remaining oil to the blender and cook the onion, garlic, carrot and celery on low for 3-4 minutes or until starting to soften, stirring occasionally using the stir function.
5. Add the tomato purée, tomatoes and stock together with some seasoning. Increase the heat setting to high and bring to the boil. Reduce the heat to simmer and cook for about 15-20 minutes until the vegetables are all tender. Turn off the heat and blend on level 1 until smooth.
6. Add the spaghetti and beans and simmer for a further 3-4 minutes until tender. Stir in the crispy bacon.

Serve the soup in bowls topped with some grated Parmigiano together with some crusty bread.

Parsnip and Apple Soup with Honey

A wonderfully satisfying soup with a smooth velvety texture.

SERVES 4

10 MINUTES TO PREPARE

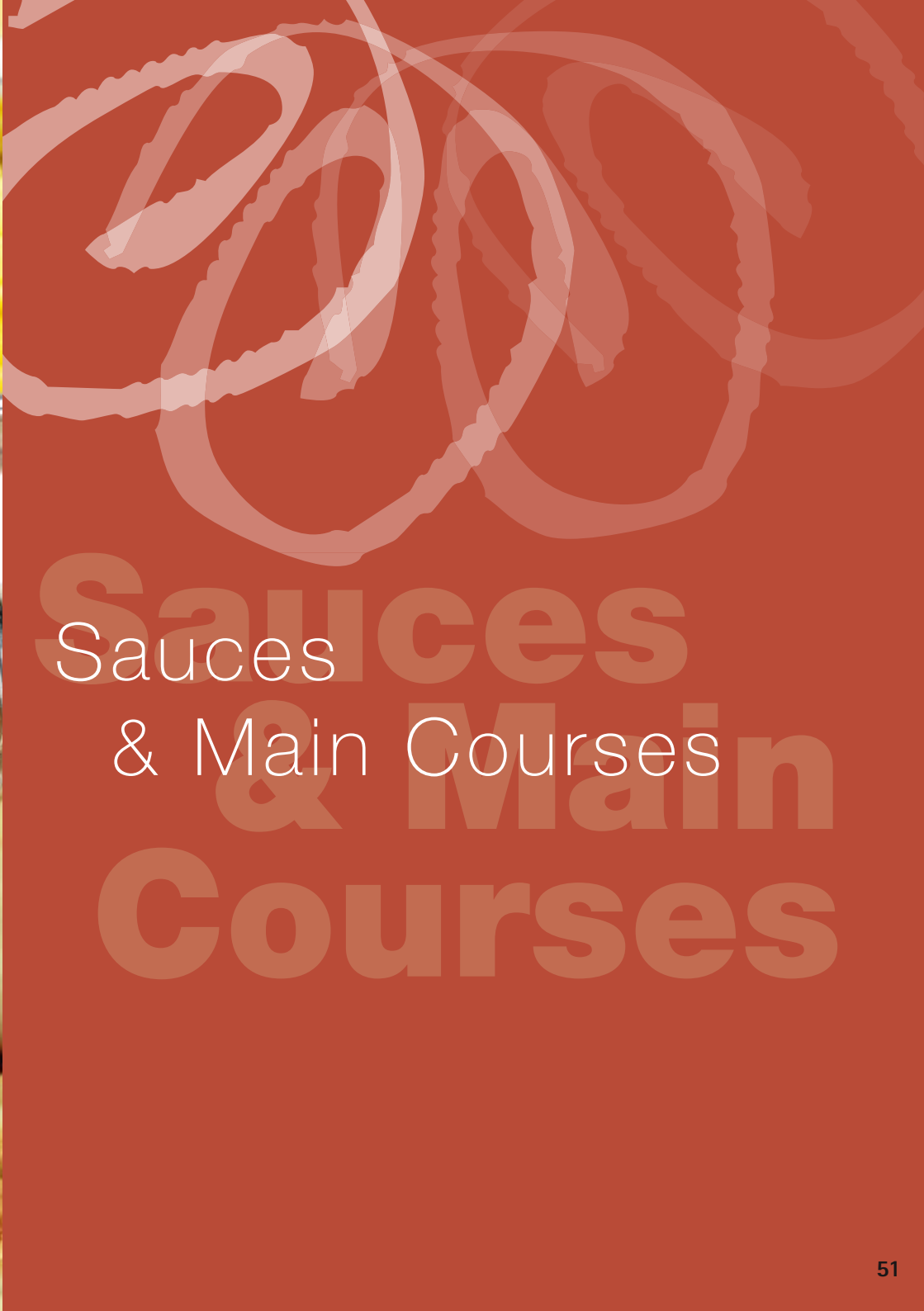
30 MINUTES TO COOK

- 1 tbsp olive oil
- 1 medium onion, roughly chopped
- 2 medium parsnips, peeled and chopped into small dices
- 2 dessert apples, peeled cored and chopped into small dices
- 2 tbsp clear honey
- 2 pinches dried thyme
- 1 litre (1 $\frac{3}{4}$ pints) chicken or vegetable stock

Apple Soup

1. Place the oil in the base of the Soup Maker, set the timer to 1 minute on simmer and heat. Sauté the onion for 1-2 minutes until starting to soften.
2. Add the parsnips, apples and honey together with some freshly ground salt and black pepper and cook for a further 3-4 minutes, stirring occasionally using the stir function until everything is coated in honey.
3. Add the stock, bring to the boil on high, then reduce the heat to simmer, cover and cook for 20 minutes until the parsnips are tender.
4. Switch off the heat and blend on level I until silky and completely smooth. Check the seasoning and serve immediately.





Sauces & Main Courses

Tikka Masala

Tikka Masala Sauce

A classic mildly spiced and a wonderfully smooth textured curry sauce which is great with chicken or seafood. Making it in the blender is so easy.

PREPARATION TIME 10 MINUTES

COOKING TIME 5 MINUTES FOR THE SAUCE PLUS 20-25 MINUTES FOR THE FINISHED DISH

SERVES 4

- 2 tbsp vegetable oil
- 1 large onion, quartered
- 4cm piece fresh root ginger peeled
- 2 cloves garlic, peeled and finely chopped
- 2 tsp garam masala
- 1-2 tsp chilli powder
- 1 tsp turmeric
- 1 tbsp tomato purée
- 150ml chicken stock
- 400g can whole tomatoes

To Serve:

2 tbsp cashew nuts, lightly toasted

1. Set the Soup Maker to 1 minute and heat the oil, on simmer. Add the onion and sauté for 1 minute. Add the ginger and garlic and cook for a further 1-2 minutes stirring regularly using the stir function.
2. Add the garam masala, chilli powder (according to how hot you like it) and turmeric and cook for 1 minute stirring regularly.
3. Add the tomato purée and cook for 30 seconds (this makes the flavour more mellow and rounded), then add the stock, tomatoes and some seasoning and cook for 1-2 minutes on simmer.
4. Turn off the heat and blend the sauce, on level I until smooth.

Chicken Tikka Masala

1. Roughly chop 4 skinned chicken breasts and heat in a pan with a little vegetable oil for 2-3 minutes until starting to brown.

2. Add the puréed sauce from the Soup Maker and simmer for 20 minutes until the chicken is thoroughly cooked.

1. Stir in 5 tbsp of cream or yogurt and a handful of fresh chopped coriander and warm through gently for 1-2 minutes. Check the seasoning and serve the curry topped with the cashew nuts together with some pilau rice and naan bread.

Tip:

When cooking with natural yogurt, use goat's milk yogurt as unlike cow's milk based yogurt it won't separate.

Rogan Josh

A mildly spiced rich tomato sauce, the creamy coconut not traditionally used in Rogan Josh but makes a delicious contrast to the spices.

PREPARATION TIME 10 MINUTES

COOKING TIME 5 MINUTES PLUS 1 ¼ HOURS FOR THE FINISHED DISH

SERVES 4

- 1 tbsp vegetable oil
- 1 onion, roughly chopped
- 2.5cm piece root ginger, peeled and roughly chopped
- 3 garlic cloves, peeled and crushed
- 1 tsp ground cinnamon
- 2 tsp ground cumin
- 2 tsp ground coriander
- 1 tbsp paprika
- 1 tsp chilli powder
- 1 tbsp tomato purée
- 400g can whole tomatoes
- 3 cardamom pods

1. Set the timer to 2 minutes and turn the Soup Maker to simmer. Add the onion, ginger and garlic and sauté for 1-2 minutes until the onion is starting to soften.
2. Add the dry spices and cook for a further 1 minute. Add the tomato purée and cook for a further 30 seconds (this gives a more mellow rounded flavour). Stir regularly using the stir function.
3. Add the tomatoes and cook for 1-2 minutes. Turn off the heat and blend the sauce on level 1 until a smooth consistency is reached. Add the cardamom pods.

Lamb Rogan Josh

1. Heat a little olive oil in a pan and sauté 500g diced neck fillet until it starts to brown. Add the rogan josh sauce, together with 100ml chicken stock and 200ml coconut cream and some seasoning. Bring to the boil, then cover and reduce the heat.
2. Either simmer on the hob on the lowest heat or in a medium oven for about 1-1/4 hours until the lamb is tender. Serve with rice and naan breads.



Chilli Con Carne

Sauce:

PREPARATION TIME 10 MINUTES

COOKING TIME 5 MINUTES PLUS 30-40 MINUTES FOR THE FINISHED DISH

SERVES 4

- 1 tbsp vegetable oil
- 3 cloves garlic, crushed
- 1 onion, peeled and diced
- 1 red chilli, cored, seeded and chopped
- 1 tsp cumin seeds
- 1 tsp smoked paprika
- 2 tbsp tomato purée
- 1 tsp dried oregano
- 400g can whole tomatoes
- 2 tsp cocoa powder
- 1 bay leaf
- 150ml beef stock
- 300g can kidney beans, drained

1. Set the timer to 2 minutes and turn the Soup Maker to simmer. Heat the oil in the base then add the garlic, onion and chilli and sauté for 1-2 minutes until the onion is starting to soften.
2. Add the cumin seeds and paprika and sauté for 30 seconds then the tomato purée for another 30 seconds (this makes the flavour more mellow and rounded). Stir using the stir function.
3. Add the oregano and tomatoes together with the cocoa powder and then cook for a further 1-2 minutes.
4. Turn off the heat and blend on level I until smooth. Add the bay leaf, beef stock and some seasoning, blend again briefly to combine.

Dry fry 500g pack steak mince in a saucepan over medium heat until starting to brown and break down. Add the chilli sauce from the blender and bring to the boil, reduce the heat and simmer for 30-40 minutes, adding the kidney beans about 15 minutes before the end of the cooking time.

Serve:

Topped with a spoonful of Crème Fraiche, some grated Cheddar and some corn tortillas or rice.

Green Thai Curry Paste

This vibrant spicy paste makes the perfect base for a green Thai curry. It will keep in the fridge for up to a week. You can make it more or less spicy if you prefer.

FOR THE PASTE

- 2 green chillies, deseeded, cored and roughly chopped
- 5cm piece root ginger, peeled and chopped
- 6 cloves garlic, peeled and halved
- 75g shallots or onions, peeled and chopped
- 1 tsp ground coriander
- 1 tsp whole cumin seeds
- 50g fresh coriander (including the stalks)
- 25g fresh basil leaves
- 3 tbsp groundnut oil
- Zest and juice 2 limes
- 2 tsp Thai fish sauce

1. Place all the ingredients into the Soup Maker and blend on level 3. Season.
2. Keep the paste in an airtight container in the fridge for up to 1 week.

Green Thai Chicken Curry

SERVES 2

COOKING TIME 25-30 MINUTES

- 1 tbsp groundnut oil
- 2 whole chicken breasts, diced into bite sized pieces
- 100g green Thai curry paste (see recipe on previous page)
- 400ml can coconut milk
- 1 tbsp light brown soft sugar
- ½ tsp Thai fish sauce

1. Place the oil in a saucepan and sauté the chicken for 4-5 minutes until starting to turn golden.
2. Add the curry paste and cook for a further 4-5 minutes stirring all the time. Add the coconut milk, sugar, Thai fish sauce and some freshly ground black pepper and bring to a gentle simmer.
3. Cook for 15-20 minutes until the chicken is cooked through.
Serve with some Thai jasmine rice to soak up the juices.

Barbecue Sauce

A really tasty and useful sauce to keep in the fridge. Use as a marinade for spare ribs or pork chops or just a delicious dipping sauce for potato wedges or chips.

PREPARATION TIME 5 MINUTES

COOKING TIME 20-25 MINUTES

- ½ tbsp groundnut oil
- 1 medium onion, peeled and chopped
- 1 clove garlic, crushed
- 300ml tomato passata
- 2 tbsp clear honey
- 250ml cola
- Few drops Worcestershire sauce
- 1 tsp smoked paprika
- 2 tbsp malt vinegar

1. Set the timer to 3 minutes and heat the oil in the base of the Soup Maker on simmer, then sauté the onion and garlic on low until starting to soften.
2. Add the remaining ingredients and increase the heat to high to bring to the boil.
3. Reduce the heat again and simmer for 15-20 minutes until the sauce has reduced and become thick and syrupy and coats the back of the spoon. Cool and store in an airtight container in the fridge for 4-5 days.

Tip:

If using with spare ribs, coat the ribs generously in the sauce and marinate for 3-4 hours in the fridge. Cook the ribs either in a hot oven for about an hour or on the barbecue.



and Herb Sauce

Fresh Tomato and Herb Sauce

Everyone needs a good tomato sauce recipe in their repertoire. Not only is this one bursting with flavour and goodness, but also it's highly versatile.

PREPARATION TIME 5 MINUTES

COOKING TIME 25-30 MINUTES

MAKES ½ LITRE SAUCE

- 1 tbsp olive oil
- 1 medium onion, peeled and chopped
- 2 cloves garlic, crushed
- 1 carrot, peeled and diced
- 2 tbsp tomato purée
- 600g fresh tomatoes, roughly diced
- Handful fresh basil leaves, roughly chopped
- 1 tsp sugar

1. Set the timer to 3 minutes, heat the oil in the base of the Soup Maker on low. Add the onion and garlic and fry until softened.
2. Add the carrot and tomato purée and continue cooking for another 1-2 minutes stirring all the time using the stir function.
3. Add the tomatoes, basil, sugar and some freshly ground salt and black pepper. Simmer for 20-25 minutes using the low heat setting.
4. Turn off the heat and purée the sauce in the Soup Maker on level 1 until smooth. Check the seasoning.

Uses:

- Fry a little pancetta or bacon lardons in a frying pan and add the tomato sauce, serve with some cooked pasta and Parmigianino Reggiano shavings.
- For Bolognese sauce, fry off some steak mince until lightly browned then add the tomato sauce and simmer in a saucepan for 20-30 minutes until the meat is thoroughly cooked.
- Wrap some chicken breasts in some Parma ham and pour a little tomato sauce over. Bake in the oven at 200°C for 20 minutes or until the chicken is thoroughly cooked.
- Add some king prawns to the hot tomato sauce and cook for a few minutes in the Soup Maker until the prawns are thoroughly cooked. Stir through some cooked linguine pasta, top with lots of cracked black pepper and a few basil leaves.

Red Wine

Red Wine Sauce

This sauce makes the perfect accompaniment to beef or venison steaks.

PREPARATION TIME 5 MINUTES

COOKING TIME 20-25 MINUTES

- 1 tbsp olive oil
- 1 red onion, peeled and finely chopped
- 1 clove garlic, crushed
- 2 tbsp tomato purée
- 1 sprig rosemary, needles removed, roughly chopped
- 3 tbsp balsamic vinegar
- 400ml red wine
- 400ml chicken stock
- Knob butter



Sauce

1. Place the oil in the base of the Soup Maker set the timer to 3 minutes and heat on low. Add the onion and garlic and sauté for 2-3 minutes until starting to soften.
2. Add the tomato purée and cook for 1-2 minutes stirring all the time, using the stir function.
3. Add the rosemary and balsamic vinegar and simmer on low for about 1 minute.
4. Add the red wine and allow to simmer on low uncovered for 7-8 minutes to reduce by about half. Turn off the heat put the lid back on the jar and blend on level I until smooth.
5. Add the stock and some seasoning and continue simmering (cover with the lid on but leave the cup out) using a medium heat for a further 8-10 minutes until reduced by about half. Stir in the butter and check the seasoning.

Hollandaise Sauce

A classic sauce, which is so versatile. When asparagus is in season, serve the sauce drizzled over some lightly steamed spears.

PREPARATION TIME 5 MINUTES

COOKING TIME 5 MINUTES

SERVES 4

- 3 large egg yolks
- 2 tbsp white wine vinegar
- 250g butter
- 1 tsp fresh lemon juice

se Sauce

1. Set the timer to 1 minute, turn the Soup Maker to simmer, add the butter and allow to melt. Pour it into a small jug.
2. Allow the jar to cool and then wipe clean with kitchen paper. Without any heat, add the egg yolks and vinegar with some seasoning to the Soup Maker and blend on level I just enough to mix well.
3. With the Soup Maker blending on level I, gradually add the melted butter through the hole in the lid (use a tea towel to prevent any splattering) in a slow steady stream until the sauce is smooth and glossy.
4. Add the lemon juice, blend again briefly to combine and check the seasoning.

Tips:

If the sauce separates add vinegar drop by drop whisking well until it comes together.

This recipe contains raw egg and is therefore not suitable for the young, pregnant women, elderly people, or those whose immune systems are weak.

Creamy White Wine and Tarragon Sauce

This is a twist on the classic white wine and tarragon sauce. The mustard and lemon adds another flavour dimension to this delicious sauce, which is perfect with pork but also works well with chicken.

PREPARATION 5 MINUTES

COOKING TIME 4-5 MINUTES

SERVES 4

- 1 tbsp vegetable oil
- 1 onion, roughly chopped
- 150ml white wine
- 200ml chicken stock
- Handful tarragon leaves
- 6 tbsp crème fraîche
- 2 tbsp Dijon mustard
- Zest and juice 1 lemon

1. Set the timer to 2 minutes, turn the Soup Maker to simmer and sauté the onion for 1-2 minutes until starting to soften.
2. Add the wine and continue cooking for another 1 minute to reduce a little.
3. Add the stock, tarragon, Crème Fraiche and mustard and continue cooking for another 1 minute stirring occasionally using the stir function.
4. Blend until smooth, season to taste.

Creamy Pork in White Wine and Tarragon Sauce

1. Sauté 450g sliced pork fillet, which have been tossed in 2 tbsp seasoned flour for 2-3 minutes turning regularly until starting to brown a little. Add the sauce from the Soup Maker together with the lemon juice and zest and cook for 10-12 minutes until the pork is thoroughly cooked.
2. Serve with some wild and white rice.

Tomato & Chilli

A smooth tomato sauce, with a hint of chilli makes a great accompaniment to the prawns and mixed seafood.

PREPARATION TIME 5 MINUTES

COOKING TIME 20 MINUTES

SERVES 4

- 1 tbsp olive oil
- 2 cloves garlic, crushed
- 1 medium onion, roughly chopped
- 2 tbsp tomato purée
- 150ml white wine
- 400g can chopped tomatoes
- Pinch chilli flakes
- 400g mixed seafood, such as prawns, mussels, squid rings

Seafood Spaghetti

TO SERVE

½ x 500g bag fresh spaghetti

Handful fresh flat leaf parsley, chopped

1. Set the timer to 2 minutes, place the oil in the base of the Soup Maker and heat on low. Add the garlic and onion and sauté for 1-2 minutes until the onion is starting to soften.
2. Add the tomato purée and cook for 30 seconds stirring all the time using the stir function. Add the wine and allow to reduce for 1 minute.
3. Add the tomatoes, chilli flakes and some seasoning and cook covered for 5-6 minutes using the stir function to mix occasionally. Turn off the heat and blend to make a smooth sauce.
4. Add the seafood and cook gently on low for 10 minutes until the seafood is just cooked through without being rubbery.
5. Cook the spaghetti in a large pan of boiling salted water and drain well. Stir the tomato seafood sauce through the cooked spaghetti and scatter with the parsley and some cracked black pepper.



Dessert

Dessert



Brioche Bread and Butter Pudding

This variation of the classic English pudding uses brioche for a richer flavour, of course you can use day old sliced bread if you prefer.

PREPARATION TIME 10 MINUTES

COOKING TIME 30-35 MINUTES

SERVES 4-6

- 2 egg yolks
- 50g caster sugar
- 300ml milk
- ½ tsp vanilla extract
- 200g brioche loaf, sliced thinly and cut into triangles
- 25g raisins
- 2 tbsp demerara sugar

d Butter Pudding

1. Preheat the oven to 180° C/ gas mark 4. Lightly butter a shallow ovenproof dish.
2. Use a fork to beat the egg yolks and sugar in a heatproof jug until smooth.
3. Set the timer to 3 minutes and heat the milk and vanilla extract in the base of the Soup Maker on simmer until just about at simmering point. Pour the milk into the egg mixture whisking all the time. Return the mixture to the Soup Maker and continue simmering for 2-3 minutes until it has thickened use the stirring function regularly to keep the custard smooth.
4. Layer the brioche triangles in the serving dish with the raisins scattered between each layer (but not over the top to prevent burning).
5. Pour the warm custard over the brioche and then sprinkle the demerara sugar over the top. Allow to stand for 5-10 minutes to let the custard soak into the brioche.
6. Bake for 25-30 minutes until the filling has just set and the top is crunchy and lightly golden brown.

Tip

If you want to make this a chocolate version then simply add 50g grated good quality plain chocolate into the milk before gently heating it in the Soup Maker to allow the chocolate to melt.

Walnut and Maple Syrup Tart

A really delicious dessert to serve warm with a dollop of cream or even in thin slices with cheese and some crisp apple wedges.

PREPARATION TIME 15 MINUTES (PLUS CHILLING TIME)

COOKING TIME 35-40 MINUTES

SERVES 6-8

For the pastry

- 75g butter, cut into cubes
- 25g light soft brown sugar
- 125g plain flour
- 2 egg yolks

For the filling

- 100g butter
- 125g chopped walnuts
- 75g soft brown sugar
- 2 eggs
- 3 tbsp maple syrup

Walnut halves to decorate



d Maple

1. Make the pastry by placing the butter, sugar and flour in the Soup Maker and blending until the texture resembles breadcrumbs.
2. Add the egg yolks and blend until the pastry comes together into a ball. Wrap in cling film and chill in the fridge for 30 minutes.
3. Preheat the oven to 180°C, gas mark 4. Make the filling by mixing all the filling ingredients in the Soup Maker (without any heat) until a smooth paste has been achieved.
4. Roll out the pastry to just slightly larger than a 23cm loose bottomed fluted flan tin. Line with the pastry and pour in the walnut filling. Decorate the top with as many walnut halves as you like. Place on a baking tray and cook for 35-40 minutes until the top is golden and the filling just firm (cover with foil half way through cooking if browning too quickly). Serve warm.

Berry & Lime Granita

Granita is an Italian style dessert with a frozen flaky texture. It's a delicious way to use seasonal berries and a good alternative to icecream, it's also fat free!

PREPARATION TIME 5 MINUTES

(PLUS ABOUT 1 ½ HOURS FREEZING TIME)

- 100ml hot water
- 50g white sugar
- 400g mixed berries, such as strawberries, raspberries and blueberries
- Zest and juice 1 fresh lime

me Granita

1. Place the water and sugar in the Soup Maker. Set the timer to 2 minutes, set on high and bring to the boil.
2. Turn off the heat, add the berries and blend on level I until the mixture is smooth.
3. Add the lime zest and juice and use the stir function to combine briefly.
4. Pour into a freezer safe tub and place in the freezer for about half an hour, or until starting to go icy around the edges.
5. Use a fork to combine the icy parts into the rest of the mixture and return to the freezer. Stir every ½- 1 hour until the whole mixture is a slightly soft mix of icy flakes. Either serve straight away or cover and replace in the freezer until ready to serve.
6. Serve in pretty glasses or bowls with some extra berries and a sprig of mint.

Vanilla Panna Cotta Compote



Vanilla Panna Cotta with Berry Compote

Rich and creamy this dessert is perfect for simple prepare ahead entertaining.

PREPARATION TIME 10 MINUTES

COOKING TIME 5 MINUTES

PLUS 2-3 HOURS SETTING TIME

SERVES 6

For The Berry Compote

- 200g each of strawberries, raspberries and blueberries
- 25g icing sugar

For The Panna Cotta

- 4 leaves fine leaf gelatine
- 600ml pot double cream
- 200ml skimmed milk
- 125g caster sugar
- 1 vanilla pod, halved

Tips:

To remove the panna cotta, dip each one in a bowl of boiling water very briefly before tipping onto the serving plates.

1. Make the fruit compote by placing the fruit in the Soup Maker with the icing sugar. Turn the heat on to simmer, and heat gently for 2-3 minutes until the berries are starting to burst. Turn off the heat and blend on level I until smooth. If you prefer, sieve the compote, otherwise tip into a serving bowl and put to one side until ready to serve. Rinse out the blender.
2. Make the panna cotta by first soaking the gelatine in cold water for 5 minutes until it has softened.
3. Place the cream, milk and sugar in the clean Soup Maker, set the timer to 2 minutes and heat on low, stirring intermittently until the sugar has dissolved.
4. Squeeze the water out of the gelatine one leaf at a time. Stir each one into the warm cream mixture, blending on level I between each addition.
5. Prepare the moulds for the panna cotta by rinsing 6 x 200ml metal pudding moulds with cold water, leaving them wet. Pour the cream mixture into the moulds and cool before chilling in the fridge for 2-3 hours.
6. Serve the panna cotta with some of the berry compote spooned over.

Strawberry and Elderflower Fool

Sweet and smooth, this summer dessert is a real classic that's ready in a flash.

SERVES 6

PREPARATION TIME 10 MINUTES

COOKING TIME 5 MINUTES

- 400g ripe strawberries, quartered
- 25g icing sugar
- 2 tbsp elderflower cordial
- 284ml pot whipping cream

7 and

Power Fool

1. Place the strawberries in the base of the Soup Maker with the icing sugar and the elderflower cordial. Set the timer to 3 minutes and simmer for 2-3 minutes until the strawberries start to soften but not break down completely. Turn off the heat.
2. Purée the mixture on level 1 until smooth. Allow to cool.
3. Whip the cream with a balloon or electric hand whisk until it just holds its shape, and then fold in the strawberry purée mixture.
4. Tip into serving dishes and decorate with a sprig of fresh mint.

Tips:

You could use other fruit such as rhubarb, gooseberries or raspberries following the same method as given above.

Chocolate and Cherry Pots

Sweet rich delicious chocolate mousse with a layer of soft cherries beneath make this a great dessert for easy entertaining.

MAKES APPROXIMATELY 6

(DEPENDING ON THE SIZE
OF THE SERVING DISHES)

PREPARATION TIME 10 MINUTES

COOKING TIME 10 MINUTES

For the cherry base layer

1 ½ tbsp cornflour

350g jar morello cherries, in syrup

For the chocolate mousse

170ml pot single cream

2 tbsp caster sugar

125g dark chocolate (70% cocoa solids), broken
into small pieces

2 egg yolks

25g unsalted butter

1. First make the cherry compote. Mix the cornflour to a smooth paste with a little cold water. Place the cherries in a saucepan and gradually pour in the cornflour paste and bring to the boil stirring all the time. Simmer for 1-2 minutes until it has thickened. Place a tablespoon of this mixture into the base of 6 espresso cups or small ramekin dishes.
2. Make the chocolate mousse by placing the cream and sugar in the Soup Maker. Set the timer to 3 minutes and bring to the boil slowly and when it just reaches boiling point drop the chocolate into the cream mixture and continue heating gently on low until the chocolate has melted and the mixture is smooth. Stir occasionally.
3. Add the egg yolks and butter and continue heating gently on simmer until the butter has fully melted, using the stirring function regularly.
4. Divide the mixture between the cups or ramekins and place in the fridge to set for about 30 minutes.

Tip:

Use fresh cherries, halved and stoned when in season. Simply cook them gently for 5 minutes or so with a splash of cold water until starting to soften, before adding the cornflour mixture.





Drinks

Drinks



Real Hot Chocolate

This is the real deal; hot chocolate does not get any better than this!

SERVES 3-4

READY IN 5 MINUTES

- 800ml milk
- 4 tsp cocoa powder
- 200g milk chocolate, broken into small pieces

To Serve

- Mini marshmallows
- Whipped cream

Chocol

1. Place all the ingredients in the Soup Maker. Set the timer on 3 minutes and slowly bring to just about simmering point on simmer. Blend to combine well.
2. Serve in mugs with whipped cream and marshmallows on top

Tip

Keeping the hot chocolate warm in the blender on the low setting makes it perfect for Bonfire night or children's parties.





Mulled Wine

Warm sweet wine, enhanced with spices and oranges makes a great winter warmer, perfect for parties or just to warm the soul!

PREPARATION TIME 5 MINUTES

COOKING TIME 5-10 MINUTES

SERVES 4

- 1 bottle red wine
- 100g caster sugar
- Finely grated zest 1 orange, plus orange slices to serve
- 2 cinnamon sticks
- 6 cloves
- Pinch grated nutmeg

1. Place all the ingredients in the blender. Set the timer to 10 minutes and warm using the simmer setting for 5-10 minutes without allowing the wine to come to the boil.
2. Serve in heatproof glasses with a slice of orange in each one.



Mocchacino

A classic mix of coffee and hot chocolate, made in the blender to give a wonderful velvety smooth texture

SERVES 2-3

READY IN 5 MINUTES

- 300ml freshly brewed hot coffee
- 300ml milk
- 2 tbsp cocoa
- 1 tbsp sugar (or to taste)

1. Place the coffee, milk, cocoa and sugar in the Soup Maker. Set the timer to 3 minutes, heat on simmer. Bring to simmering point.
2. Turn off the heat and blend on level I to mix thoroughly once the mixture is hot enough.
3. Serve in tall glass mugs and serve with some shortbread fingers to dip.

Vanilla Chai Latte

Chai (tea) latte is a milky aromatic drink packed with flavour, try varying the spices to suit your own taste.

SERVES 2

READY IN 5 MINUTES

- 500ml milk
- 1 tbsp tea leaves, such as Assam or Darjeeling
- 1 tbsp brown sugar or honey if you prefer
- 4 cloves
- 1 stick cinnamon
- 2 cardamom pods
- ½ tsp vanilla extract

1. Place all the ingredients in the Soup Maker. Set the time to 4 minutes and heat on simmer for 3-4 minutes. Turn off the heat and allow the chai to infuse for 1-2 minutes before serving.
2. Strain the milk through a sieve and serve in teacups.

Malteser Teaser

The malted flavour and texture of the maltesers® combined with the melting chocolate in the milk is a divine bedtime drink.

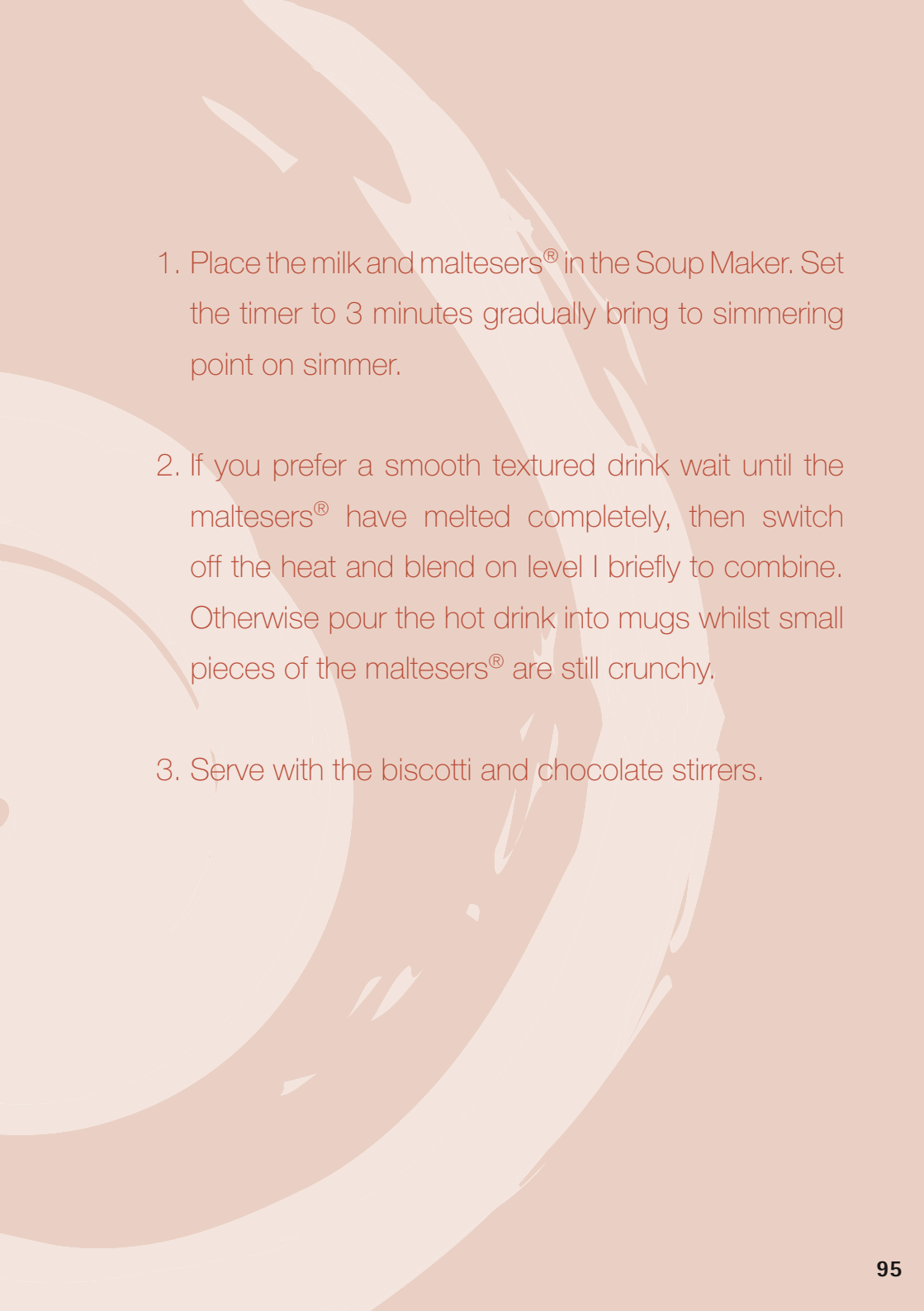
SERVES 2

READY IN 5 MINUTES

- 500ml milk
- 75g maltesers®

To Serve

- Biscotti
- Chocolate stirrers

- 
1. Place the milk and maltesers® in the Soup Maker. Set the timer to 3 minutes gradually bring to simmering point on simmer.
 2. If you prefer a smooth textured drink wait until the maltesers® have melted completely, then switch off the heat and blend on level I briefly to combine. Otherwise pour the hot drink into mugs whilst small pieces of the maltesers® are still crunchy.
 3. Serve with the biscotti and chocolate stirrers.

MEASUREMENTS

CONVERSION

WEIGHTS	
Imperial	Metric
½ oz	10 g
¾ oz	20 g
1 oz	25 g
1½ oz	40 g
2 oz	50 g
2½ oz	60 g
3 oz	75 g
4 oz	110 g
4½ oz	125 g
5 oz	150 g
6 oz	175 g
7 oz	200 g
8 oz	225 g
9 oz	250 g
10 oz	275 g
12 oz	350 g
1 lb	450 g
1 lb 8 oz	700 g
2 lb	900 g
3 lb	1,350 g

VOLUME	
Imperial	Metric
2 fl oz	55 ml
3 fl oz	75 ml
5 fl oz (¼ pint)	150 ml
10 fl oz (½ pint)	275 ml
1 pint	570 ml
1 ¼ pint	725 ml
1 ½ pint	1 litre
2 pint	1,2 litre
2 ½ pint	1,5 litre
4 pint	2,25 litre

OVEN TEMPERATURES		
Gas mark	°F	°C
1	275°F	140°C
2	300°F	150°C
3	325°F	170°C
4	350°F	180°C
5	375°F	190°C
6	400°F	200°C
7	425°F	220°C
8	450°F	230°C
9	475°F	240°C